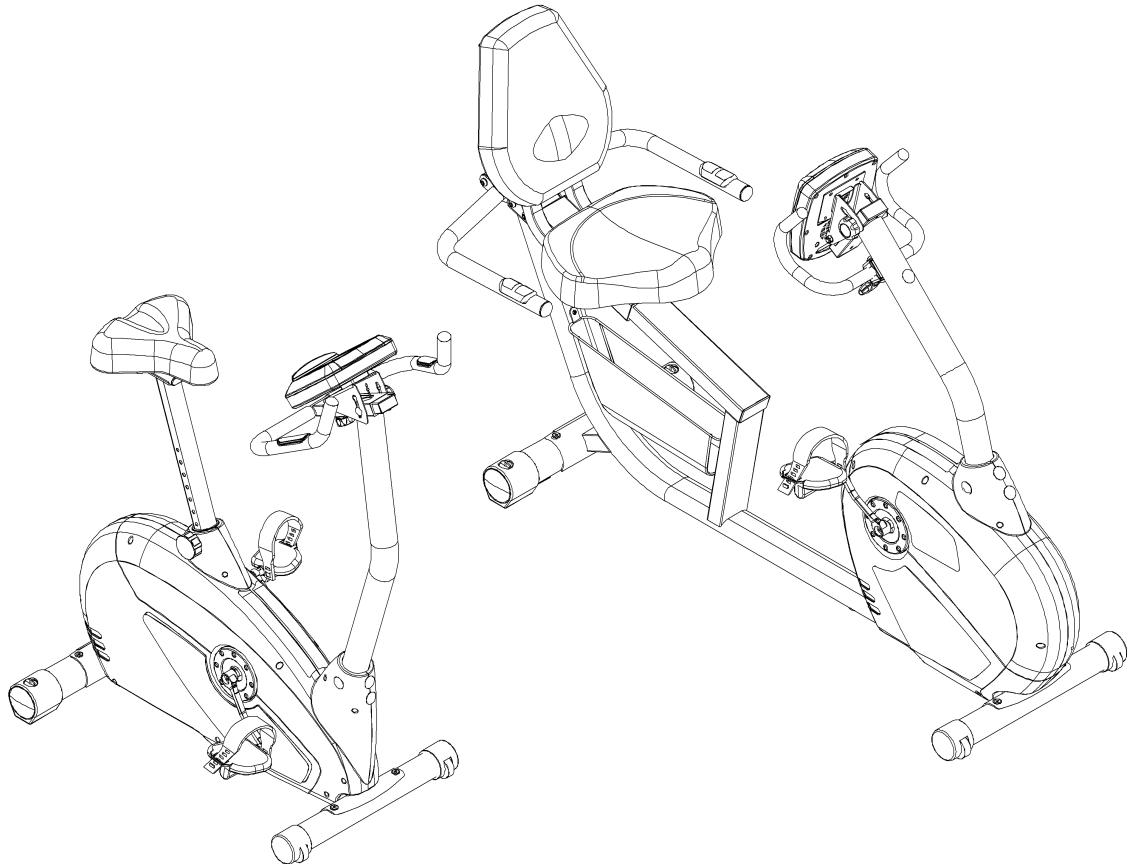
SCHWINN FITNESS

Schwinn® 140/240 Exercise Bikes

Owner's Manual
Manuel du Propriétaire



EN FRC

Ver página 2 **Español Americano Latino**

Nautilus® Bowflex® Schwinn® Fitness StairMaster® Universal®

003–3235–110609B

Español Americano Latino

Para obtener este manual en Español Latino Americano vaya a: http://www.schwinnfitness.com.

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Patent Information This product may be covered by US and Foreign Patents and Patents Pending.

Important Safety Instructions

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

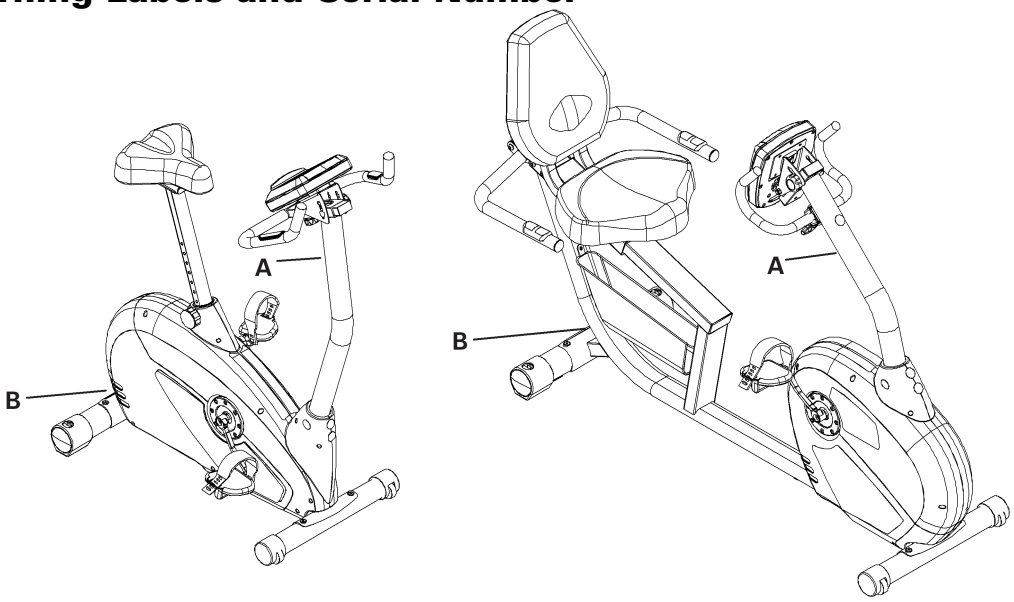
Before using this equipment, obey the following warnings:

Read and understand the complete Owner's Manual. Keep Owner's Manual for future reference

Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus® Customer Service for replacement stickers.

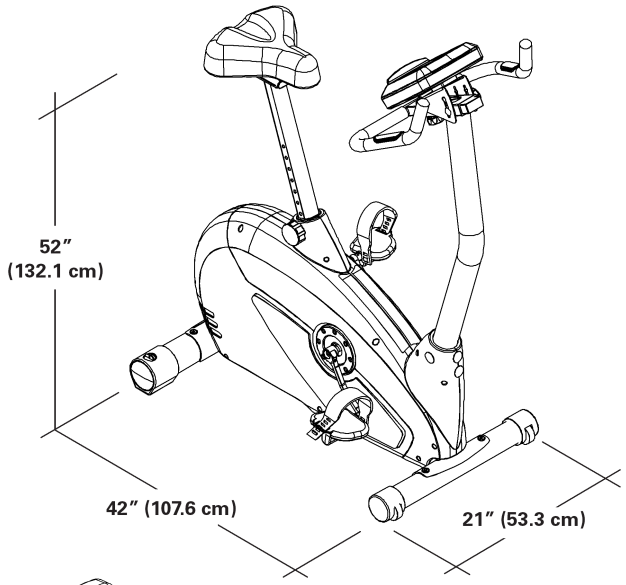
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Examine this machine for loose parts or signs of wear. Monitor the Seat, Pedals, and Crank Arms closely. Do not use if found in this condition. Contact Nautilus® Customer Service for repair information.
- Maximum user weight limit: 300 lbs. (136 kgs). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts.
- Set up and operate this machine on a solid, level, horizontal surface.
- Stabilize the Pedals before you step on them. Use caution when you step off the machine.
- Disconnect all power before servicing this machine.
- Keep at least 19.7" (0.5 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.

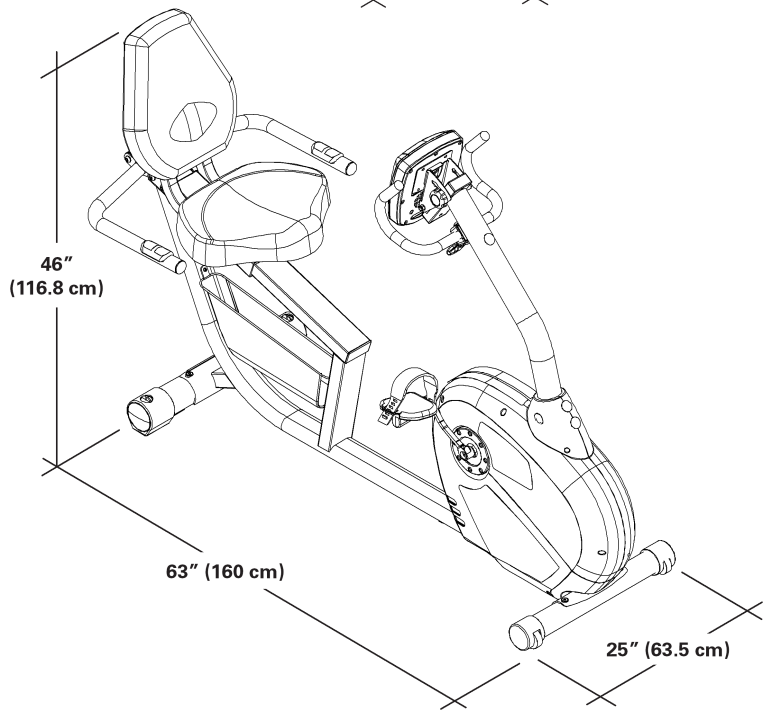
Safety Warning Labels and Serial Number

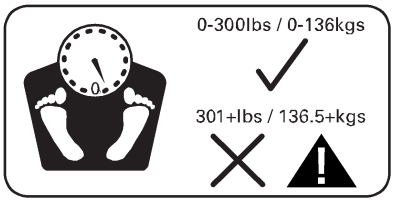


	Type	Description
A	WARNING	• Keep children away. • Prior to use, read and understand the Owners Manual. • Injury or death is possible if Caution is not used while using this machine. • The maximum user weight for this machine is 300 lbs (136 kg). • Replace any “Caution”, “Warning” or “Danger” label that is illegible, damaged, or removed. • This machine is for home use only.
	AVERTISSEMENT	• Gardez les enfants et les animaux de compagnie éloignés de cette machine en tout temps. • Lisez et familiarisez-vous avec le Manuel du propriétaire et avec tous les avertissements avant d’utiliser cette machine. • Soyez prudent lorsque vous utilisez cet équipement pour ne pas vous infliger de graves blessures. • Cette machine supporte un poids maximal de 300 lbs (136 kg). • Remplacez toute étiquette d’avertissement endommagée, illisible ou manquante. • Cette machine est à usage domestique uniquement.
B	Serial Number	Record serial number on Contacts page at end of this manual.

Specifications







Power Requirements

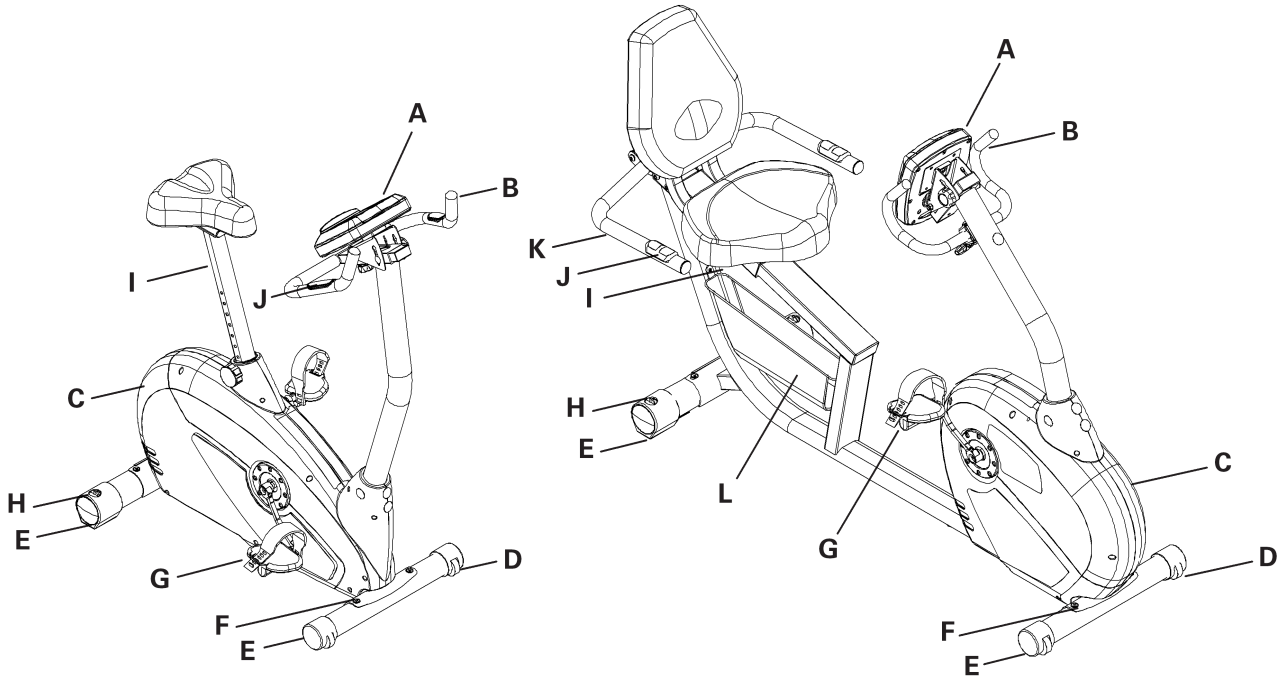
Operational Voltage 9VDC

Operating Current 500 mA

Regulatory Approvals

AC Power Adapter: UL listed, CSA certified (or equivalent), Rated 120V60Hz Input, 9VDC, 500mA Output. Class 2 or LPS.

Features

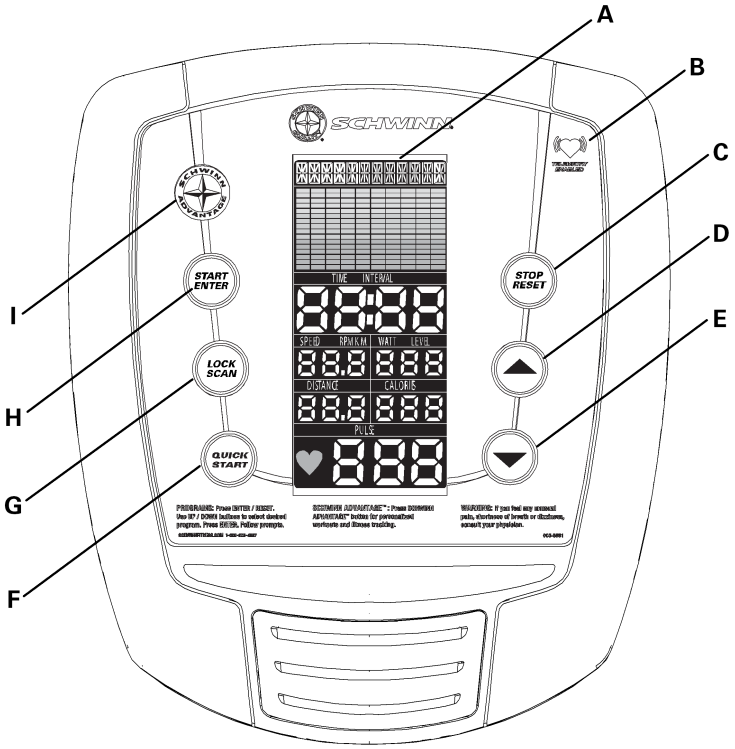


A	Console	G	Pedals
B	Handlebars, Upright	H	Leveler
C	Fully Shrouded Flywheel	I	Adjustable Seat
D	Transport Wheels	J	Contact Heart Rate (CHR) Sensors
E	Stabilizers	K	Handlebars, Side
F	AC Adapter Plug	L	Magazine Rack

Console

The Console provides important information about your workout and lets you control the resistance levels while you exercise. The Console has a grid display with touch control buttons to navigate you through the exercise programs.

Console Features

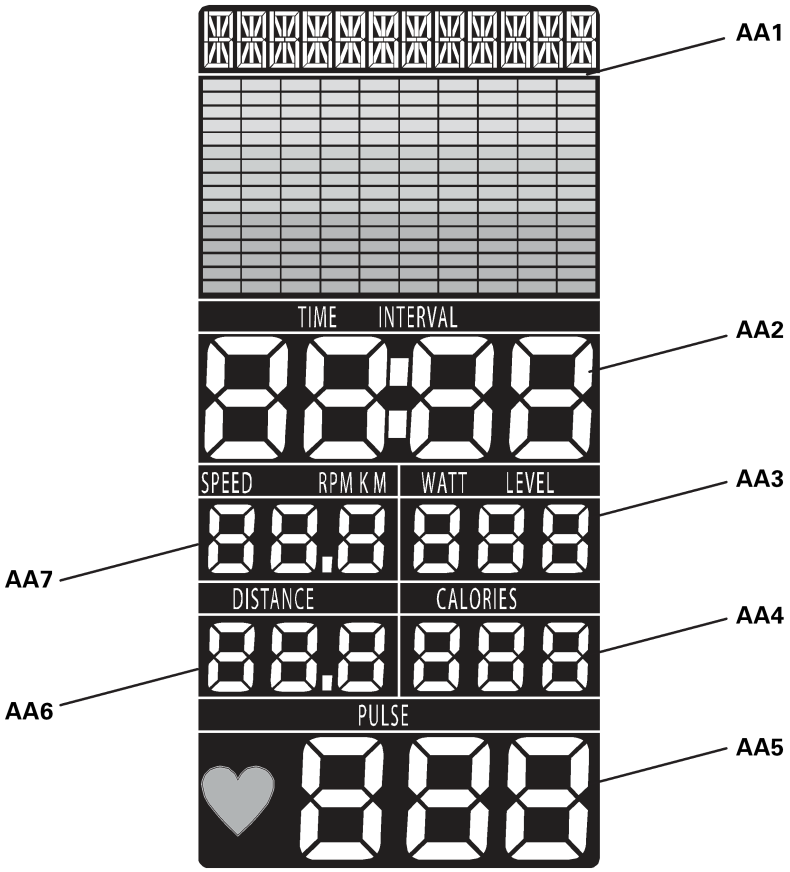


A	Backlit LCD Display	
B	Telemetric Heart Rate	— Reads heart rate signal from heart rate chest strap
C	STOP/RESET button	— Pauses an active workout, and if pushed again, ends the workout
D	Increase button (▲)	— Increases a value (age, time, distance, calories, or workout resistance level)
E	Decrease button (▼)	— Decreases a value (age, time, distance, calories, or workout resistance level)
F	QUICK START button	— Begins a Quick Start workout.
G	LOCK/SCAN button	— Cycles through your workout variables for 6 seconds each. Push STOP/RESET for manual control of the scan function. Push STOP/RESET again to exit the scan mode
H	START/ENTER button	— Starts a Program workout, confirms information , or resumes a paused workout
I	Schwinn Advantage™	— Starts user data edit mode

LCD

The multi-function, backlit LCD shows your workout measurements (during the workout), results, user setup data and console diagnostics.

LCD Display Data



AA1	Program Display	AA5	PULSE
AA2	TIME / INTERVAL	AA6	DISTANCE
AA3	WATT / LEVEL	AA7	SPEED / RPM KM
AA4	CALORIES		

Note: To change the measurement units to English Imperial or metric, refer to the "Console Setup Mode" section in this manual.

Program Display

The Program Display shows the name of the program selection and the dot-matrix area shows the course profile for the program. Each column in the profile shows one interval (1/40 of the total program time). The higher the column, the higher the resistance level and/or speed for that interval. The flashing column shows your current interval.

Time/Interval

The TIME/INTERVAL display field shows the time count in the workout. If no preset time is set up for the current workout program, the display value starts at zero and counts forward until the end of the workout. Maximum time is 99:59.

If the workout has a preset time, the display starts at the preset value and counts down to zero. The display shows the total time count for the workout, then the time count for the current interval.

Watt/Level

The WATT/LEVEL display field shows the power that you are producing at the current resistance level (1 horsepower = 746 watts) for 6 seconds, the resistance level (1–16) for 6 seconds.

Calories

The CALORIES display field shows the estimated calories that you have burned during the exercise. If no calorie goal is set up for the current workout program, the display value starts at zero and counts forward until the end of the workout. If the workout has a calorie goal, the display starts at the preset value and counts down to zero.

Pulse

The Pulse display field shows the heart rate in beats per minute (BPM) from the heart rate monitor (HRM).

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

Distance

The DISTANCE display field shows the distance count (miles or km) in the workout. If no distance goal is set up for the current workout program, the display value starts at zero and counts forward until the end of the workout. If the workout has a distance goal, the display starts at the preset value and counts down to zero.

Speed/RPM KM

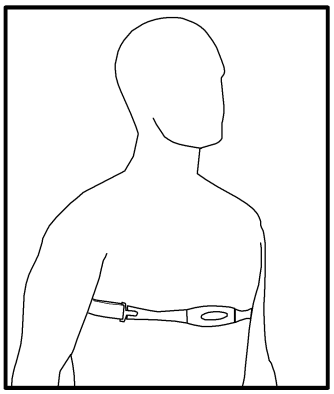
The SPEED/RPM KM display field shows the machine speed in kilometers per hour (km/h) or miles per hour (mph) for 6 seconds, then the revolutions per minute (RPM) for 6 seconds.

Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise.

Contact Heart Rate (CHR) sensors are installed to send your heart rate signals to the Console. The Console can also read telemetry HR signals from a Heart Rate Chest Strap Transmitter. The Console shows your Heart Rate in Beats Per Minute (BPM).

If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.



Contact Heart Rate Sensors

Contact Heart Rate (CHR) sensors send your heart rate signals to the Console. The CHR sensors are the stainless steel parts of the Handlebars. To use, put your hands comfortably around the sensors. Be sure that your hands touch both the top and the bottom of the sensors. Hold firm, but not too tight or loose. Both hands must make contact with the sensors for the Console to detect a pulse. After the Console detects four stable pulse signals, your initial pulse rate will be shown.

Once the Console has your initial heart rate, do not move or shift your hands for 10 to 15 seconds. The Console will now validate the heart rate. Many factors influence the ability of the sensors to detect your heart rate signal:

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.
- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.

CHR detection may be limited to walking or slow jogging due to the extreme muscle artifacts and hand motion generated by a comfortable running style. If your heart rate signal ever seems erratic after validation, wipe off your hands and the sensors and try again.

Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by getting a stress test than by using an age related formula.

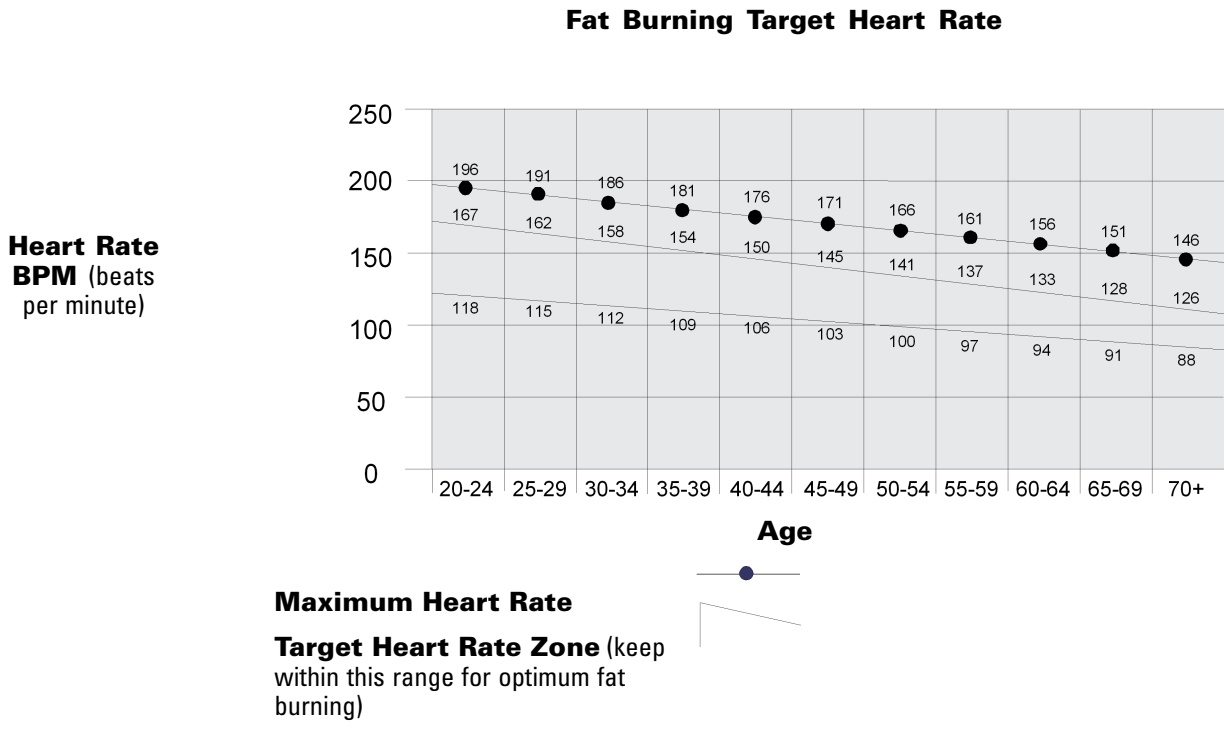
Your at rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72 BPM, where as highly trained runners may have readings of 40 BPM or lower.

The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and better your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

Note: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.



Operations

What to Wear

Wear rubber-soled athletic shoes. You will need the appropriate clothes for exercise that allow you to move freely.

How Often Should You Exercise

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

- 3 times a week for 30 minutes each day.
- Schedule workouts in advance. Try to work out even when you do not want to.

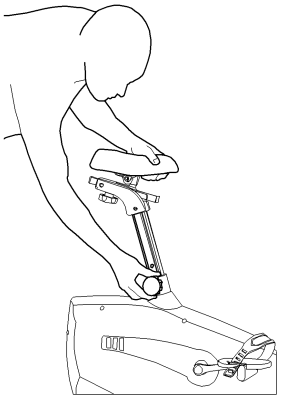
Seat Adjustment

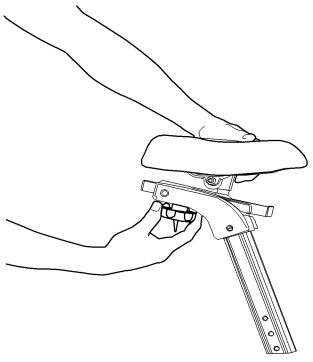
Correct seat placement encourages exercise efficiency and comfort, while reducing the risk of injury.

1. With a Pedal in the forward position, center the ball of your foot over the center of it. Your leg should be bent slightly at the knee.
2. If your leg is too straight or your foot cannot touch the Pedal, move the seat down on the upright bike or forward on the recumbent bike. If your leg is bent too much, move the seat up on the upright bike or rearward on the recumbent bike.

Step off the bike before you adjust the seat.

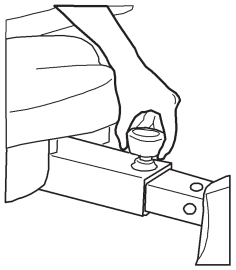
- **Upright bike**—pull the adjustment knob on the seat tube. Adjust the seat to the desired height. Release the adjustment knob to engage the locking pin. Be sure that the pin is fully engaged. To move the upright seat closer to, or away from the console, loosen the knob. Slide the seat forward or rearward to the desired position and tighten the knob.

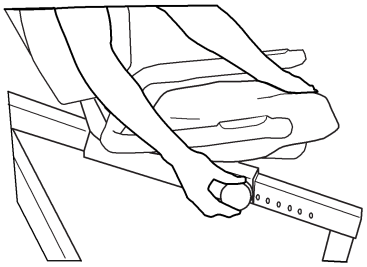




- **Recumbent bike**—pull the adjustment knob on the seat bracket. Slide the seat to the desired position. The adjustment knob will "pop" into the next hole. Turn the knob to fully tighten and make sure the seat is stable.

Note: Different models can have the knob on the top or the side of the seat bracket.



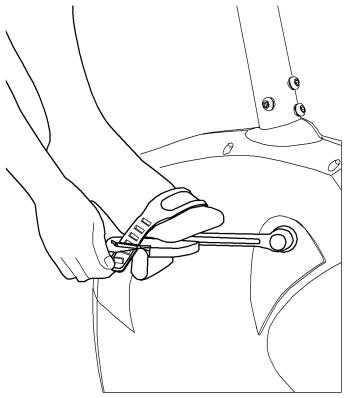


Foot Position / Pedal Strap Adjustment

Foot pedals with straps provide secure footing to the exercise bike.

1. Put the ball of each foot on the Pedals.
2. Rotate the Pedals until one can be reached.
3. Fasten the strap over the shoe.
4. Repeat for the other foot.

Be sure toes and knees point directly forward to ensure maximum Pedal efficiency. Pedal straps can be left in position for subsequent workouts.



Adjust Console

To adjust the console tilt position:

1. Loosen the knob below the console.
2. Carefully move the console tilt to one of the available positions.
3. Tighten the knob.

Power-Up Mode

The Console will enter POWER-UP mode if it is plugged into a power source, any button is pushed, or if it receives an indication from the RPM sensor as a result of pedaling the machine.

Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 5 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

Note: The Console does not have an On/Off switch.

Quick Start / Manual Program

The Quick Start / Manual program lets you start a workout without entering any information.

1. Step on the machine.
2. Push the QUICK START button to start the QUICK START / MANUAL program.
3. Push the Increase or Decrease buttons to change the resistance level. The default Quick Start resistance level is 3. The time will count up from 00:00.
4. Push STOP when done with your workout.

Workout Program Selection

To go to the Program Menu, you must first make a User selection in the User menu. Use the Increase/Decrease buttons to look at

the User menu options. You can use the Guest User option to go to the Program Menu without user setup data. If you want to save your workout data, refer to the User Setup procedure in this manual.

User Setup — Schwinn Advantage™

The Schwinn® 40 Series console lets you store and use 2 User profiles (U1 and U2) in addition to a Guest User with no setup data stored. The Schwinn Advantage™ feature automatically records your workout results in your User profile, and lets you track your fitness progress and edit data.

The User profile stores the following information:

1. Name — up to 12 characters
2. Total number of workouts
3. Total hours
4. Total distance
5. Total calories
6. Starting weight
7. Target weight
8. Current weight
9. Weight change (Starting Weight – Current Weight)
10. Height
11. Age
12. Custom Workout (program profile, time)

Select / Add User

1. From the POWER UP MODE screen, push the Increase/Decrease buttons to move through the User menu options.

   Note: ADD USER and GUEST USER are the only options if no Users are set up. If all User profiles are in use, the ADD USER option will not be available.

2. Push START/ENTER to make your selection. If you select GUEST USER or a User (U1 or U2), you can go to the Program Menu to start a workout.

   Note: Push the STOP/RESET button to go back to the previous screen or character.

3. In the ADD USER option, push START/ENTER 2 times and the console display will show the Name prompt.

   Note: Use the Increase/Decrease buttons to move through the alphabet (or numbers). To record each letter, push the START/ENTER button. Push START/ENTER for a space.

   If your name does not fill the spaces on the Name screen, tap the START/ENTER button to add spaces until the next data screen appears.

4. Enter your user data on each screen — Weight, Height, Age, Custom Workout.
5. To set up the Custom Workout, push START/ENTER 2 times. The Program Display will have a default resistance level of 1 for all columns. Adjust the resistance level of the active column (flashing) with the Increase/Decrease buttons. Push START/ENTER to record the resistance level. The completed columns move off the screen to the left, and the next column is active. Continue until all 40 columns are set.
6. The screen shows the message “USER ADDED” and you go to the Program Menu.

Edit User Data

1. From the POWER UP MODE screen press the Schwinn Advantage™ button (Schwinn® Quality Seal).
2. Push the Increase/Decrease buttons to move to a User.
3. Push START/ENTER make the User selection.

4. The Edit options appear on the display: View, Edit, Delete. Push START/ENTER to make your selection.

VIEW — The display shows these screens: Total Workouts, Total Hours, Total Miles (km), Total Calories, Starting Weight, Target Weight, Current Weight, Weight Change.

EDIT — You can edit the values for: Current Weight, Target Weight, Current Height, Enter Age, Custom Workout. Push START/ENTER to set each value after you make the change. When the changes are complete, tap the START/ENTER or STOP/RESET button until you are out of the Edit option.

DELETE — To delete the User data, push START/ENTER. To cancel the deletion, push STOP/RESET.

Custom Workout

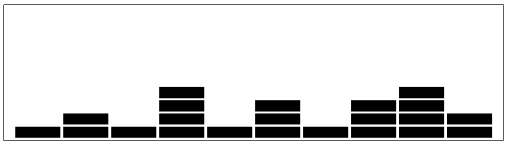
After your Custom Workout is set up in your User Profile, you can start the program from the Custom Workout option in the Program Menu. The console display will prompt you to set the Time for the workout (default is 30:00). Use the Increase/Decrease buttons to adjust the Time value, and push START/ENTER to set the time.

Profile Programs

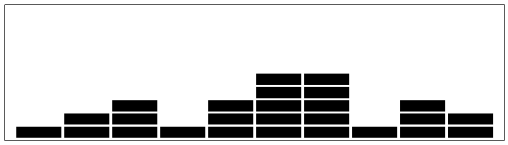
These programs automate different resistances and workout levels.

Course 1

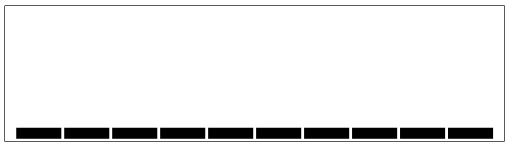
Course 2



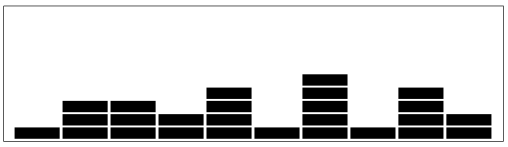
Course 3



Circuit 1

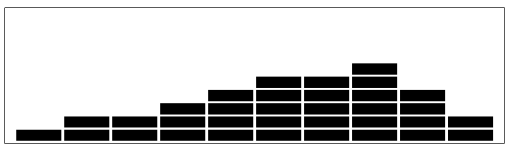


Circuit 2

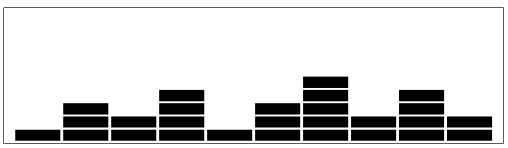


Circuit 3

Pursuit 1



Pursuit 2



To start a Profile Program:

1. Step on the machine.
2. Use the Increase or Decrease buttons to select a user (guest or custom) and push START/ENTER.
3. Use the Increase or Decrease buttons to select one of the above programs. Push START/ENTER.
4. Use the Increase and Decrease buttons to answer the setup questions. Push START/ENTER to record your answers.

Note: The default value for TIME is 30:00. The default start value for LEVEL is 8 .

5. Push the START/ENTER button to start the profile workout.

Changing Resistance Levels

Push the Increase or Decrease buttons to change the resistance level at any time in a workout program.

Fitness Test

The Fitness Test measures the improvements of your physical fitness level. The test compares your power output (in Watts) to your heart rate. As you become more fit you will produce more power (Watts) at a given heart rate.

When the test starts, the power (Watts) slowly increases. This means you will work harder, and as a result, your heart rate increases. The Watts continue to increase automatically until your heart rate reaches the "Test Zone." This zone is individually computed to be near 75 percent of your maximum heart rate. When you reach the Test Zone your machine holds the Watts steady for 3 minutes. This lets you reach a stable condition (where your heart rate becomes steady). At the end of the 3 minutes, the Console measures your heart rate and the power output (Watts). These numbers, along with information about your age and weight, are computed to produce a "Fitness Score".

Note: Fitness Test scores should only be compared to your previous scores and not other users.

Over time, you will output more Watts of power at a certain Heart Rate. Compare your Fitness Scores to see your improvement.

Heart Rate Control (HRC) Program

The Heart Rate Control (HRC) program lets you set a heart rate goal for your workout. The program monitors your heart rate in beats per minute (BPM) from the Contact Heart Rate (CHR) sensors on the machine or from a Heart Rate Monitor (HRM) chest strap.

Note: The console must be able to read the heart rate information from the CHR sensors or HRM for the HRC program to work correctly.

If you go to the HRC program from your User profile, the Target Heart Rate program uses your age and other user setup information to set the Heart Rate Zone values for your workout. If you are a Guest User, you must enter your age and weight. The console display then gives prompts for you to set up your workout:

1. Set the workout level: FIT (beginner) or GETTING FIT (advanced).
2. Set the percentage of maximum heart rate: 60–70%, 70–80%, 80–90%.

Consult a physician before you start to exercise in the 80–90% heart rate zone.

3. Set the Time for the workout. (The default value is 10:00.)

For more detailed information about fitness zones, please refer to the fitness information on our website:

www.schwinnfitness.com

Distance Goal

The Distance Goal Program lets you set the total Distance and Pacer Speed for your workout. If you are a Guest User, you must enter your weight. The console display then gives prompts for you to set up your workout:

1. Enter the distance with the Increase/Decrease buttons (default is 20 mi/ 20 km). Push START/ENTER.
2. Enter the pacer speed with the Increase/Decrease buttons (default is 25 mph/ 25 km/h). Push START/ENTER.

3. The exercise starts at level 1. To adjust the resistance, use the Increase/Decrease buttons.
4. The TIME display starts to count up from 00:00.

Results / Cool Down Mode

After a workout the TIME display shows 00:00 and the console shows the Workout Results. You can start your workout cool down. The LCD display shows each workout data value for 4 seconds: TIME, MILES (KM), CALORIES, CAL/HR, AVG/MPH (KMH), AVG PWR, AVG/HR, MAX HR. The PULSE display shows the current BPM value. The LEVEL display starts at 1.

If there is no RPM or PULSE signal, the console automatically goes into Sleep Mode.

Pausing or Stopping

1. Push the STOP/RESET button to pause your workout. WORKOUT PAUSED mode shows on the Display.
2. Push START/ENTER to continue your workout, or push the STOP/RESET button to stop the workout.

Console Setup Mode

The Console Setup Mode lets you set the units of measure to either English or Metric, adjust the contrast of the display, and stop or start the motivational messages. Motivational messages show on the screen to increase your enthusiasm and to give positive feedback while you are working out.

1. Hold down the LOCK/SCAN button and Increase button together for 3 seconds while in the POWER-UP MODE to go into the CONSOLE SETUP MODE.
2. Push the Increase/Decrease buttons to change between ELLIPTICAL and BIKE.
3. Push START/ENTER to set.
4. Push the Increase/Decrease buttons to change between ENGLISH and METRIC units.
5. Push START/ENTER to set.
6. Push Increase/Decrease to adjust the screen contrast (BACKLIGHTS; “5” = maximum intensity, “1” = minimum).
7. Push START/ENTER to set.
8. The Console shows TOTAL HOURS.
9. Push START/ENTER.
10. Push Increase/Decrease to turn motivational messages off or on.
11. Push START/ENTER to set.
12. Push Increase/Decrease to set which software version to use (“SW30 V1.0” = x20 machine, “SW40 V1.0” = x40 machine, or “NLS 514” = 514 machine).
13. Push START/ENTER to set.

Note: Push STOP/RESET for previous screen.

Maintenance

Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.

This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our Web site at www.nautilus.com/prop65

⚠DANGER To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine.

Daily

Monthly

Weekly

Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. After each workout, use a damp cloth to wipe your machine and Console free of sweat.

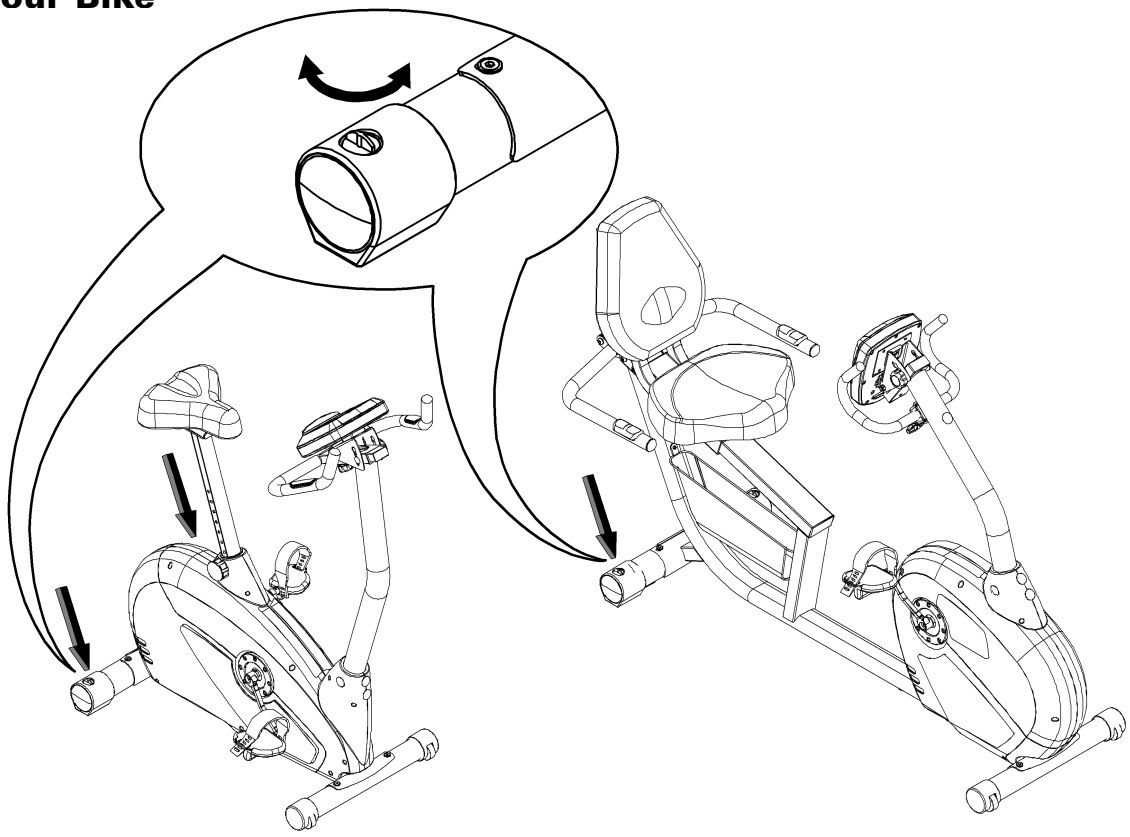
Note: Avoid excessive moisture on the Console.

Check for smooth seat slider, handlebar slider, and console tilt operation. Clean the machine to remove any dust, dirt, or grime from the surfaces. If needed, sparingly apply a thin coating of silicone lube to ease operation.

Note: Do not use petroleum based products.

Check pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.

Level Your Bike

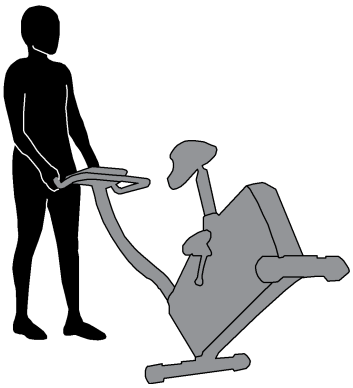


Levelers are found on each side of the Rear Stabilizer. Turn the knob to adjust the stabilizer foot. Make sure the bike is level and stable before you exercise.

Moving Your Bike

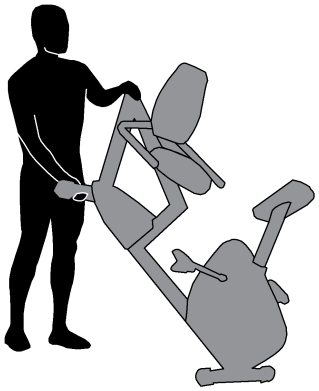
Upright

To move the upright bike, carefully pull the Handlebars toward you while pushing the front of the bike downward. Push the bike to the desired location.



Recumbent

To move the recumbent bike, carefully lift the rear end of the bike and slowly push the bike to the desired location.



NOTICE: Be careful when you move the bike. All abrupt motions can affect the computer operation.

Troubleshooting

Problem	Check	Solution
No display/partial diplay/unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front (recumbent) or rear (upright) of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Insure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact Customer Care for further assistance.
Unit operates but Contact HR not displayed	HR cable connection at Console	Insure cable is connected securely to Console.
	HR cable box connection (recumbent only)	Insure cables from handlebars and cable to Console are secure and undamaged. Some models may require the seat back be raised to access cable box.
	Sensor grip	Insure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream such as "Signa Crème" or "Buh-Bump" can help make better conduct. These are available on the web or at medical or some larger fitness stores.
	Handlebars	If tests reveal no other issues, Handlebars should be replaced.
Unit operates but Telemetric (if equipped) HR not displayed	Chest Strap	Strap should be "Polar" compatible. Make sure strap is directly against skin and contact area is moist.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc). If interference is eliminated and HR still does not function, replace strap and Console.

Console displays "E2" error code	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Insure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Console Electronics	If tests reveal no other issues, Console should be replaced.
No speed/RPM reading, Console displays "E3" error code	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Insure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check magnet position (requires shroud removal)	Magnet should be in place on flywheel. If no magnet is present, replace the flywheel or the entire base unit (if unable to replace flywheel).
	Check RPM Sensor (requires shroud removal)	RPM sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Console shuts off (enters sleep mode) while in use	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Insure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset Machine (if equipped with reset button)	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet. After the Console powers up, press "reset".
	Check magnet position (Technician only-requires shroud removal)	Magnet should be in place on flywheel. If no magnet is present, replace flywheel or entire base unit.
	Check RPM Sensor	Contact Customer Care for further assistance.
Fan (if equipped) will not turn on or will not turn off	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Insure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset Machine (if equipped with reset button)	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet. After Console powers up, press "reset".
Unit rocks/does not sit level	Check leveler adjustment	Leveling feet may be turned in or out to level bike.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move bike to level area.

Pedals loose/unit difficult to pedal	Check pedal to crank connection	Pedal should be tightened securely to crank. Insure connection is not cross-threaded.
	Check crank to axle connection	Crank should be tightened securely to axle. Be sure cranks are connected at 180 degrees from each other.
Seat post movement	Check locking pin	Insure adjustment pin is locked into one of the seat post adjustment holes.
	Check adjustment knob	Insure knob is securely tightened.

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